



## CLIPPERS 2010-2011 SEASON

The Clippers 32<sup>nd</sup> winter season will start on Monday, November 1<sup>st</sup> with try-outs and practice for all 10 & under swimmers from 6:00 to 7:30pm and Tuesday, November 2<sup>nd</sup> for all 11 & over swimmers from 6:00 to 7:30pm.

All new 8 & under swimmers must be able to swim two different strokes one length of the pool within 30 seconds each stroke. All new 9 & 10 swimmers must be able to swim two different strokes one length of the pool within 25 seconds each stroke.

Practice times for all 10 & under swimmers are Monday and Wednesdays from 6:00 to 7:30pm and Sundays from 4:00 to 5:00pm. Practice times for all 11 & over swimmers are Tuesday and Thursdays from 6:00 to 7:30 pm and Sundays 5:00 to 6:00pm.

It is not mandatory that you make all three practices each week, but the only way you can improved is to attend as many practices as possible. At home meets we can swim as many heats as we want and all of our swimmers will swim in at least two events, but at away meets it depends of the home team and many teams have limited pool time and heats may have to be cut.

The age of each swimmer is based on their age as of November 1, 2010. If a swimmer has A birthday after November 1<sup>st</sup> they remain in the same age group for the season.

Registration fee for the 2010-11 season is as follows:

- \$175.00 per swimmer with a pool membership
- \$190.00 per resident swimmer without a membership
- \$215.00 per non-resident swimmer without a membership
- \$250.00 family limit with a membership

### **Bathing Suits and Apparel**

Varsity swim shop will be at practice on Monday & Tuesday November 15<sup>th</sup> & 16<sup>th</sup> to size for team bathing suits. Team suits are not mandatory but swimmers feel like they are part of the time if they have them. Girl's suits run between \$42.00 and \$46.00 dollars and jammers run between \$29.00 and \$31.00. You will be purchasing the suits through Varsity Swim (not Recreation). The Recreation Department will distribute the suits when the orders have been filled.

Each swimmer will be given a complimentary Clipper swim Cap and a Clipper T-Shirt.

## **Meet Attendance**

With the new computer scoring system, lineups for the meet must be sent to the home team three days in advance of the meet. If you are not going to the meet please go to the Clipper Web Site ([www.dedham-ma.gov/clippers](http://www.dedham-ma.gov/clippers)) and under meet attendance you can submit the name of the swimmer who will not be at meet. You can do this at any time of the year for all meets. Notifying the coach of the age group is also a good idea. We have scheduled 10 league meets 9 of which count in the standings along with A & B Regional's. Swimmers must swim in at least five (5) meets to go to A or B Regionals.

## **Travel to away meets**

Clippers travel to all away meets by team bus. Due to dramatic increases in bus fees we will be only taking one bus per meet. If you are able to drive your swimmers to the meet it will be greatly appreciated. You are welcome to follow the bus at any time. If you plan on going to meet but are not taking the bus you should also go to the Meet Attendance page on the Clipper web site to let us know that.

## **A and B Regionals**

Regionals take place at the end of the season. Swimmers who make at least one qualifying time for A Regionals will attend that meet on Sunday March 13<sup>th</sup>. Swimmers who do not make the A cut will go to B Regionals on Saturday March 5<sup>th</sup>. The cut off times for Regionals are included in this package.

## **Clipper Web Site**

The Clipper web site is an invaluable tool to use to receive and send information to and from the team.

Web site includes

- 1.) Practice and Meet Schedules
- 2.) Important announcements
- 3.) Sign up for email and text message notifications. This is the best way to hear about last minute practice or meet cancelations.
- 4.) Meet Attendance – an easy to fill out form to let us know a swimmer is not coming to meet or not taking bus.
- 5.) Online Stats – Updated stats/times/results on every swimmers race's going back almost five years.
- 6.) Regional Cut off times.
- 7.) Pictures
- 8.) Contact info for Coaches
- 9.) Much more !!!

## **Parent Volunteers**

As a parent with the Clippers Winter Swim Team, you are required to volunteer at one meet during the season. Jobs include, Timers, Runners, Bullpen or Snack Bar. You can also choose to donate a food item to the snack bar.

**\* If you volunteer at 3 or more meets, you will receive \$50 off of your registration for the following year.**

### **3 ways to sign up:**

1. On the Dedham Park and Recreation web site
2. At the pool using the signup sheets posted
3. Contact Kim Rutherford: [k-rutherford@ti.com](mailto:k-rutherford@ti.com) or 781-461-1361

## **Home Meets**

**Timers:** 6 people needed

*Report on pool deck ½ hour before meet starts to be issued a stop watch, pencil and clipboard. You will be assigned lanes at this time. Responsibility is to time swimmers in each event. Record time and hand card/sheet to runner. Timers need to be present until finish of the meet.*

**Runners:** 2 people needed

*Runners must pick up time cards from timers in each lane and hand them to the scorer at the scoring table after each event.*

**Bull Pen:** 2 people needed

*Responsible for placing swimmers in correct order, based on heat and lane number.*

**Snack Bar:** 2 people needed

*Sell food in snack area. Monitor locker rooms to ensure that children are not running around.*

## **Away Meets need the following**

**Timers:** 6 people needed

## **Code of Conduct and Bullying Policy**

The Dedham Recreation Department has a zero tolerance Bullying policy that it strictly enforced. Each parent and swimmer must sign the enclosed code of conduct form. The forms will be sent to the league.

## **Swimathon**

This years swim-a-thon will be on Sunday January 16th, 2011. The money received from the swim-a-thon and the refreshment stand are the only income that pays for the team banquet at the end of the year. Last year's banquet cost more than \$8,000.00.

Although we will be swimming with some of the best swimmers in eastern Massachusetts...remember this is a recreation swim league and we swim to have fun!!

If you have any questions, please call the Recreation Dept at 781-751-9250

Looking forward to a great season!!!!!!!!!!!!!!!!!!!!!!